



Jocelyn Joy, MS, L.Ac.

What to expect During and After Your First Visit!

By Jocelyn Joy, MS, L.Ac.



So you got to your first appointment, filled out forms in hand, a few minutes early, all prepared for your visit with a Practitioner of Chinese Medicine. This article will explain the intake, treatment, and after treatment process so that it is less mysterious and therefore less intimidating.

The Initial Intake:

1. The practitioner will likely spend time going over your paperwork and asking questions. He or she might also palpate points on your body to better understand your symptoms.
2. Pulse Diagnosis: This requires the practitioner to feel the pulses on both wrists with three fingers. Each finger feels a different organ's pulse and there are many pulse characteristics to feel for. This may take a few minutes.
3. Tongue Diagnosis: Here is where you get to stick out your tongue! There are several aspects of the tongue to consider in making an accurate diagnosis in Chinese Medicine. (For more information see "Why does my Practitioner look at my tongue?" in the articles section of this website)

The Treatment:

1. Depending on the diagnosis and treatment style a few to several points will be chosen.
2. The needles are sterilized, disposable, and very thin. Some points will be needled superficially, some a bit deeper depending on the need. You might feel slight discomfort as the needle passes through the upper layers of skin.
3. After the needle is placed properly it might be manipulated slightly to get the "Qi" sensation; a dull, heavy aching sensation at the site. This makes for optimal treatment.
4. After all the needles are places you will probably rest for 20-40 minutes and let the needles do their work. Most patients find this very relaxing and many actually go to sleep!
5. The practitioner may perform other modalities such as Cupping, Gua Sha, or Moxibustion. He or she will explain these techniques to you. (For more information on cupping see the Video on the Services page of this website)
6. The practitioner will probably check on you a few times during the treatment to ensure your comfort.

After the Treatment:

1. Most patients feel very relaxed after the treatment. Many don't want to get off the table. That feeling of relaxed well-being may be with you for several hours, enjoy it!
2. If you look a little 'wobbly' as you get off the table the practitioner will probably have you sit down and drink some water for a few minutes. This is normal and passes in a few minutes.
3. You might have one or more reactions to the acupuncture treatment over the next 24-72 hours. Here is a list;
 - a. Nothing
 - b. Great! Energetic and Healthy
 - c. Lethargic
 - d. Worse for a while, then better
 - e. Better for a while then slow return to original condition
 - f. A movement of the pain or discomfort to another location

If you feel very uncomfortable, please do not hesitate to call your practitioner and check in! Our goal is to help you achieve better health.

We hope you have found this information useful. If you are interested in more information please visit Joy Acupuncture Health Centre online at www.joyacupuncture.com, 2602 First Ave., Suite 103 San Diego, Ca 92103, 619-322-4492